

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01221, Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D

Report Date:December 09, 2015 20:29 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	143	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Iron, Fe	mg	0.12	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Magnesium, Mg	mg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Phosphorus, P	mg	109	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Potassium, K	mg	177	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Sodium, Na	mg	59	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Zinc, Zn	mg	0.67	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Copper, Cu	mg	0.079	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Selenium, Se	µg	3.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Fluoride, F	µg	12.0	--	--	12	12	--	--	--	1	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	1.1	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Thiamin	mg	0.034	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Riboflavin	mg	0.162	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.086	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-6	mg	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, total	μg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Folate, food	μg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	μg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	15.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	μg	0.43	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	μg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	1.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lipids													
Fatty acids, total saturated	g	0.116	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
4:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
6:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
8:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
10:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
12:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
14:0	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
16:0	g	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:0	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fatty acids, total monounsaturated	g	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
16:1 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:1 undifferentiated	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:2 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:3 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Cholesterol	mg	2	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003